

Amendment to Claims

The listing of claims will replace all prior versions and listing of claims in the application:

Listing of Claims:

1. (Canceled)
2. (Canceled)
3. (Canceled)
4. (Canceled)
5. A removable ball of the foot insert for placement into footwear at a position in correspondence with a forefoot portion of the footwear, comprising:
 - a substantially planar member made from a viscoelastic gel, the planar member including a lower surface and an upper surface; and
 - a plurality of spaced apart spring walls formed from a viscoelastic gel and extending from the lower surface of the planar member at a predetermined area corresponding to a ball of the foot when the insert is placed into the footwear, for separating bones of second and third metatarsals of the foot, said spring walls having heights that generally decrease outwardly from a center of said predetermined area;wherein the viscoelastic gel of the planar member has a hardness greater than a hardness of the viscoelastic gel of the spring walls.
6. (Canceled)
7. The removable ball of the foot insert according to claim [6] 5, wherein the viscoelastic gel of the planar member has a Shore OO hardness about 65 to about 75, and the viscoelastic gel of the spring walls has a Shore OO hardness about 40 to about 50.
8. (Canceled)
9. (Canceled)
10. (Canceled)
11. (Canceled)
12. (Canceled)
13. (Canceled)
14. (Canceled)
15. (Canceled)
16. (Previously Presented) A removable ball of the foot insert for placement into footwear at a position in correspondence with a forefoot portion of the footwear, comprising:
 - a substantially planar member made from a viscoelastic gel, the planar member including a lower surface and an upper surface;

a raised area formed from a viscoelastic gel and extending from one of the lower surface and upper surface of the planar member at a predetermined area corresponding to a ball of the foot when the insert is placed into the footwear, for separating bones of second and third metatarsals of the foot; and

the viscoelastic gel of the planar member having a hardness greater than a hardness of the viscoelastic gel of raised area.

17. (Previously Presented) The removable ball of the foot insert according to claim 16, wherein said raised area has a height that generally decreases outwardly from a center of said predetermined area.

18. (Previously Presented) The removable ball of the foot insert according to claim 16, wherein the viscoelastic gel of the planar member has a Shore OO hardness about 65 to about 75, and the viscoelastic gel of the raised area has a Shore OO hardness about 40 to about 50.

19. (Previously Presented) The removable ball of the foot insert according to claim 16, further comprising a low friction cover layer secured to the upper surface of the planar member.